

Thomas M S Wolever

List of Publications by Year in descending order

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Version: 2024-02-01

90
papers

6,119
citations

71102

41
h-index

69250

77
g-index

91
all docs

91
docs citations

91
times ranked

6036
citing authors

| # | ARTICLE | IF | CITATIONS |
|----|--|-----|-----------|
| 1 | The importance of molecular weight in determining the minimum dose of oat β -glucan required to reduce the glycaemic response in healthy subjects without diabetes: a systematic review and meta-regression analysis. <i>European Journal of Clinical Nutrition</i> , 2023, 77, 308-315. | 2.9 | 2 |
| 2 | Decreasing the RAG:SAG ratio of granola cereal predictably reduces postprandial glucose and insulin responses: a report of four randomised trials in healthy adults. <i>Journal of Nutritional Science</i> , 2022, 11, e21. | 1.9 | 0 |
| 3 | Important Food Sources of Fructose-Containing Sugars and Non-Alcoholic Fatty Liver Disease: A Systematic Review and Meta-Analysis of Controlled Trials. <i>Nutrients</i> , 2022, 14, 2846. | 4.1 | 13 |
| 4 | OUP accepted manuscript. <i>American Journal of Clinical Nutrition</i> , 2021, 114, 1633-1645. | 4.7 | 4 |
| 5 | The effect of oat β -glucan on postprandial blood glucose and insulin responses: a systematic review and meta-analysis. <i>European Journal of Clinical Nutrition</i> , 2021, 75, 1540-1554. | 2.9 | 44 |
| 6 | Acute glycemic and insulin response of Fosseceã,ç alone, or when substituted or added to a carbohydrate challenge: A three-phase, acute, randomized, cross-over, double blind clinical trial. <i>Heliyon</i> , 2021, 7, e06805. | 3.2 | 2 |
| 7 | Effect of Oat β -Glucan on Affective and Physical Feeling States in Healthy Adults: Evidence for Reduced Headache, Fatigue, Anxiety and Limb/Joint Pains. <i>Nutrients</i> , 2021, 13, 1534. | 4.1 | 7 |
| 8 | An Oat β -Glucan Beverage Reduces LDL Cholesterol and Cardiovascular Disease Risk in Men and Women with Borderline High Cholesterol: A Double-Blind, Randomized, Controlled Clinical Trial. <i>Journal of Nutrition</i> , 2021, 151, 2655-2666. | 2.9 | 13 |
| 9 | Effect of low glycaemic index or load dietary patterns on glycaemic control and cardiometabolic risk factors in diabetes: systematic review and meta-analysis of randomised controlled trials. <i>BMJ</i> , The, 2021, 374, n1651. | 6.0 | 70 |
| 10 | Increasing oat β -glucan viscosity in a breakfast meal slows gastric emptying and reduces glycemic and insulinemic responses but has no effect on appetite, food intake, or plasma ghrelin and PYY responses in healthy humans: a randomized, placebo-controlled, crossover trial. <i>American Journal of Clinical Nutrition</i> , 2020, 111, 319-328. | 4.7 | 50 |
| 11 | Effect of Varying Molecular Weight of Oat β -Glucan Taken just before Eating on Postprandial Glycemic Response in Healthy Humans. <i>Nutrients</i> , 2020, 12, 2275. | 4.1 | 6 |
| 12 | Dietary Fibre Consensus from the International Carbohydrate Quality Consortium (ICQC). <i>Nutrients</i> , 2020, 12, 2553. | 4.1 | 42 |
| 13 | Oat Beta-Glucan and Postprandial Blood Glucose Regulation: A Systematic Review and Meta-Analysis of Acute, Single-Meal Feeding, Controlled Trials. <i>Current Developments in Nutrition</i> , 2020, 4, nzaa049_070. | 0.3 | 6 |
| 14 | Dietary Glycemic Index and Load and the Risk of Type 2 Diabetes: Assessment of Causal Relations. <i>Nutrients</i> , 2019, 11, 1436. | 4.1 | 105 |
| 15 | Glycemic Index and Insulinemic Index of Foods: An Interlaboratory Study Using the ISO 2010 Method. <i>Nutrients</i> , 2019, 11, 2218. | 4.1 | 19 |
| 16 | Glycemic Index of Slowly Digestible Carbohydrate Alone and in Powdered Drink-Mix. <i>Nutrients</i> , 2019, 11, 1228. | 4.1 | 12 |
| 17 | Dietary Glycemic Index and Load and the Risk of Type 2 Diabetes: A Systematic Review and Updated Meta-Analyses of Prospective Cohort Studies. <i>Nutrients</i> , 2019, 11, 1280. | 4.1 | 149 |
| 18 | Impact of oat processing on glycaemic and insulinaemic responses in healthy humans: a randomised clinical trial. <i>British Journal of Nutrition</i> , 2019, 121, 1264-1270. | 2.3 | 13 |

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| 19 | Glycaemic and insulinaemic impact of oats soaked overnight in milk vs. cream of rice with and without sugar, nuts, and seeds: a randomized, controlled trial. <i>European Journal of Clinical Nutrition</i> , 2019, 73, 86-93. | 2.9 | 8 |
| 20 | Effect of adding oat bran to instant oatmeal on glycaemic response in humans – a study to establish the minimum effective dose of oat β -glucan. <i>Food and Function</i> , 2018, 9, 1692-1700. | 4.6 | 38 |
| 21 | Effect of Processing on Postprandial Glycemic Response and Consumer Acceptability of Lentil-Containing Food Items. <i>Foods</i> , 2018, 7, 76. | 4.3 | 12 |
| 22 | Neuromuscular adaptations to sprint interval training and the effect of mammalian omega-3 fatty acid supplementation. <i>European Journal of Applied Physiology</i> , 2017, 117, 469-482. | 2.5 | 11 |
| 23 | Using in vivo corneal confocal microscopy to identify diabetic sensorimotor polyneuropathy risk profiles in patients with type 1 diabetes. <i>BMJ Open Diabetes Research and Care</i> , 2017, 5, e000251. | 2.8 | 15 |
| 24 | Glycemic index is as reliable as macronutrients on food labels. <i>American Journal of Clinical Nutrition</i> , 2017, 105, 768-769. | 4.7 | 15 |
| 25 | Yogurt Is a Low-Glycemic Index Food. <i>Journal of Nutrition</i> , 2017, 147, 1462S-1467S. | 2.9 | 18 |
| 26 | Relation of total sugars, fructose and sucrose with incident type 2 diabetes: a systematic review and meta-analysis of prospective cohort studies. <i>Cmaj</i> , 2017, 189, E711-E720. | 2.0 | 83 |
| 27 | Effects of Changing the Amount and Source of Dietary Carbohydrates on Symptoms and Dietary Satisfaction Over a 1-Year Period in Subjects with Type 2 Diabetes: Canadian Trial of Carbohydrates in Diabetes (CCD). <i>Canadian Journal of Diabetes</i> , 2017, 41, 164-176. | 0.8 | 11 |
| 28 | Effect of Consuming Oat Bran Mixed in Water before a Meal on Glycemic Responses in Healthy Humans – A Pilot Study. <i>Nutrients</i> , 2016, 8, 524. | 4.1 | 31 |
| 29 | Fructose intake and risk of gout and hyperuricemia: a systematic review and meta-analysis of prospective cohort studies. <i>BMJ Open</i> , 2016, 6, e013191. | 1.9 | 74 |
| 30 | Effect of serving size and addition of sugar on the glycemic response elicited by oatmeal: A randomized, cross-over study. <i>Clinical Nutrition ESPEN</i> , 2016, 16, 48-54. | 1.2 | 17 |
| 31 | 21 days of mammalian omega-3 fatty acid supplementation improves aspects of neuromuscular function and performance in male athletes compared to olive oil placebo. <i>Journal of the International Society of Sports Nutrition</i> , 2015, 12, 28. | 3.9 | 49 |
| 32 | Effect of Fructose on Established Lipid Targets: A Systematic Review and Meta-Analysis of Controlled Feeding Trials. <i>Journal of the American Heart Association</i> , 2015, 4, e001700. | 3.7 | 94 |
| 33 | Whole Soy Flour Incorporated into a Muffin and Consumed at 2 Doses of Soy Protein Does Not Lower LDL Cholesterol in a Randomized, Double-Blind Controlled Trial of Hypercholesterolemic Adults. <i>Journal of Nutrition</i> , 2015, 145, 2665-2674. | 2.9 | 16 |
| 34 | Sugar-sweetened beverage consumption and incident hypertension: a systematic review and meta-analysis of prospective cohorts. <i>American Journal of Clinical Nutrition</i> , 2015, 102, 914-921. | 4.7 | 134 |
| 35 | Differential Serving Sizes of High β -Glucan Oatmeal Elicit Lower Glycemic Response than Rice Cereal. <i>FASEB Journal</i> , 2015, 29, LB360. | 0.5 | 1 |
| 36 | Cholesterol-lowering effects of oat β -glucan: a meta-analysis of randomized controlled trials. <i>American Journal of Clinical Nutrition</i> , 2014, 100, 1413-1421. | 4.7 | 289 |

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|----|---|-----|-----------|
| 37 | Attenuation of glycaemic responses by oat β -glucan solutions and viscoelastic gels is dependent on molecular weight distribution. <i>Food and Function</i> , 2013, 4, 401-408. | 4.6 | 18 |
| 38 | Increasing the viscosity of oat β -glucan beverages by reducing solution volume does not reduce glycaemic responses. <i>British Journal of Nutrition</i> , 2013, 110, 1465-1471. | 2.3 | 25 |
| 39 | Do Whole Grain Cereals Really Reduce LDL-Cholesterol by 0.72 mmol/L?. <i>Journal of Nutrition</i> , 2013, 143, 1521-1522. | 2.9 | 3 |
| 40 | Glycemic Index Predicts Individual Glucose Responses after Self-Selected Breakfasts in Free-Living, Abdominally Obese Adults. <i>Journal of Nutrition</i> , 2012, 142, 27-32. | 2.9 | 15 |
| 41 | Barley Cultivar, Kernel Composition, and Processing Affect the Glycemic Index. <i>Journal of Nutrition</i> , 2012, 142, 1666-1671. | 2.9 | 36 |
| 42 | Glycemic Response to Extruded Oat Bran Cereals Processed to Vary in Molecular Weight. <i>Cereal Chemistry</i> , 2012, 89, 255-261. | 2.2 | 43 |
| 43 | Effect of preparation method on the glycaemic index of novel potato clones. <i>Food and Function</i> , 2011, 2, 438. | 4.6 | 13 |
| 44 | Perceived Barriers to Application of Glycaemic Index: Valid Concerns or Lost in Translation?. <i>Nutrients</i> , 2011, 3, 330-340. | 4.1 | 25 |
| 45 | The molecular weight, solubility and viscosity of oat beta-glucan affect human glycaemic response by modifying starch digestibility. <i>Food Chemistry</i> , 2011, 129, 297-304. | 8.2 | 200 |
| 46 | The hypoglycaemic effect of fat and protein is not attenuated by insulin resistance. <i>American Journal of Clinical Nutrition</i> , 2010, 91, 98-105. | 4.7 | 66 |
| 47 | Genetic variation in TAS1R2 (Ile191Val) is associated with consumption of sugars in overweight and obese individuals in 2 distinct populations. <i>American Journal of Clinical Nutrition</i> , 2010, 92, 1501-1510. | 4.7 | 132 |
| 48 | The fermentable fibre inulin increases postprandial serum short-chain fatty acids and reduces free-fatty acids and ghrelin in healthy subjects. <i>Applied Physiology, Nutrition and Metabolism</i> , 2010, 35, 9-16. | 1.9 | 239 |
| 49 | Physicochemical properties of oat β -glucan influence its ability to reduce serum LDL cholesterol in humans: a randomized clinical trial. <i>American Journal of Clinical Nutrition</i> , 2010, 92, 723-732. | 4.7 | 337 |
| 50 | The effect of a low glycaemic index diet on gestational hyperglycemia: A pilot trial. <i>FASEB Journal</i> , 2010, 24, 231.1. | 0.5 | 0 |
| 51 | Effect of blood sampling schedule on the ability to discriminate between postprandial glycaemic responses. <i>Nutrition</i> , 2009, 25, 1064-1066. | 2.4 | 5 |
| 52 | Physicochemical Properties of β -Glucan in Differently Processed Oat Foods Influence Glycemic Response. <i>Journal of Agricultural and Food Chemistry</i> , 2009, 57, 8831-8838. | 5.2 | 127 |
| 53 | Effect of coffee and tea on the glycaemic index of foods: no effect on mean but reduced variability. <i>British Journal of Nutrition</i> , 2009, 101, 1282. | 2.3 | 20 |
| 54 | Glycemic Response to Oat Bran Muffins Treated to Vary Molecular Weight of β -Glucan. <i>Cereal Chemistry</i> , 2008, 85, 211-217. | 2.2 | 124 |

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|----|---|-----|-----------|
| 55 | Measuring the glycemic index of foods: interlaboratory study. <i>American Journal of Clinical Nutrition</i> , 2008, 87, 247S-257S. | 4.7 | 166 |
| 56 | Equivalent glycemic load (EGL): a method for quantifying the glycemic responses elicited by low carbohydrate foods. <i>Nutrition and Metabolism</i> , 2006, 3, 33. | 3.0 | 20 |
| 57 | Food glycemic index, as given in Glycemic Index tables, is a significant determinant of glycemic responses elicited by composite breakfast meals. <i>American Journal of Clinical Nutrition</i> , 2006, 83, 1306-1312. | 4.7 | 163 |
| 58 | The Effects of Fat and Protein on Glycemic Responses in Nondiabetic Humans Vary with Waist Circumference, Fasting Plasma Insulin, and Dietary Fiber Intake. <i>Journal of Nutrition</i> , 2006, 136, 2506-2511. | 2.9 | 112 |
| 59 | Insulin Resistance and Adiponectin Levels in Drug-Free Patients with Schizophrenia: A Preliminary Report. <i>Canadian Journal of Psychiatry</i> , 2006, 51, 382-386. | 1.9 | 91 |
| 60 | Measuring glycaemic responses: duplicate fasting samples or duplicate measures of one fasting sample?. <i>British Journal of Nutrition</i> , 2006, 96, 799-802. | 2.3 | 10 |
| 61 | Genetic Polymorphisms of TNF α Modify the Effect of Dietary Polyunsaturated Fatty Acids on Fasting Plasma Levels of HDL ω and ApoA in Individuals with Type 2 Diabetes. <i>FASEB Journal</i> , 2006, 20, A126. | 0.5 | 0 |
| 62 | Glycemic index of potatoes commonly consumed in North America. <i>Journal of the American Dietetic Association</i> , 2005, 105, 557-562. | 1.1 | 128 |
| 63 | Evaluation of a glucose meter for determining the glycemic responses of foods. <i>Clinica Chimica Acta</i> , 2005, 356, 191-198. | 1.1 | 22 |
| 64 | l-Rhamnose increases serum propionate in humans. <i>American Journal of Clinical Nutrition</i> , 2004, 80, 89-94. | 4.7 | 60 |
| 65 | Effect of blood sampling schedule and method of calculating the area under the curve on validity and precision of glycaemic index values. <i>British Journal of Nutrition</i> , 2004, 91, 295-300. | 2.3 | 190 |
| 66 | Controlling subjects' prior diet and activities does not reduce within-subject variation of postprandial glycemic responses to foods. <i>Nutrition Research</i> , 2003, 23, 621-629. | 2.9 | 22 |
| 67 | Effect of fat on glycaemic responses in normal subjects: a dose-response study. <i>Nutrition Research</i> , 2003, 23, 1341-1347. | 2.9 | 53 |
| 68 | Long-term effect of varying the source or amount of dietary carbohydrate on postprandial plasma glucose, insulin, triacylglycerol, and free fatty acid concentrations in subjects with impaired glucose tolerance. <i>American Journal of Clinical Nutrition</i> , 2003, 77, 612-621. | 4.7 | 160 |
| 69 | High-carbohydrate ω low-glycaemic index dietary advice improves glucose disposition index in subjects with impaired glucose tolerance. <i>British Journal of Nutrition</i> , 2002, 87, 477-487. | 2.3 | 189 |
| 70 | Lower diet glycaemic index in African than South Asian men in Trinidad and Tobago. <i>International Journal of Food Sciences and Nutrition</i> , 2002, 53, 297-303. | 2.8 | 4 |
| 71 | Inverse association between the effect of carbohydrates on blood glucose and subsequent short-term food intake in young men,.. <i>American Journal of Clinical Nutrition</i> , 2002, 76, 1023-1030. | 4.7 | 258 |
| 72 | High-carbohydrate ω low-glycaemic index dietary advice improves glucose disposition index in subjects with impaired glucose tolerance. <i>British Journal of Nutrition</i> , 2002, 87, 477-487. | 2.3 | 69 |

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|----|--|-----|-----------|
| 73 | Glycemic Response to a Food Starch Esterified by 1-Octenyl Succinic Anhydride in Humans. <i>Journal of Agricultural and Food Chemistry</i> , 2001, 49, 2674-2678. | 5.2 | 49 |
| 74 | Dietary protein, carbohydrate, and fat enhance memory performance in the healthy elderly. <i>American Journal of Clinical Nutrition</i> , 2001, 74, 687-693. | 4.7 | 110 |
| 75 | Overweight among children and adolescents in a Native Canadian community: prevalence and associated factors. <i>American Journal of Clinical Nutrition</i> , 2000, 71, 693-700. | 4.7 | 229 |
| 76 | Dietary carbohydrates and insulin action in humans. <i>British Journal of Nutrition</i> , 2000, 83, S97-S102. | 2.3 | 99 |
| 77 | Day-to-Day Consistency in Amount and Source of Carbohydrate Intake Associated with Improved Blood Glucose Control in Type 1 Diabetes. <i>Journal of the American College of Nutrition</i> , 1999, 18, 242-247. | 1.8 | 79 |
| 78 | Effect of volume and type of beverage consumed with a standard test meal on postprandial blood glucose responses. <i>Nutrition Research</i> , 1998, 18, 1857-1863. | 2.9 | 11 |
| 79 | Time of day influences relative glycaemic effect of foods. <i>Nutrition Research</i> , 1996, 16, 381-384. | 2.9 | 18 |
| 80 | Availability of calcium for absorption in the small intestine and colon from diets containing available and unavailable carbohydrates: an <i>in vitro</i> assessment. <i>International Journal of Food Sciences and Nutrition</i> , 1996, 47, 83-88. | 2.8 | 31 |
| 81 | Glycaemic index of 102 complex carbohydrate foods in patients with diabetes. <i>Nutrition Research</i> , 1994, 14, 651-669. | 2.9 | 162 |
| 82 | Glycaemic index of fruits and fruit products in patients with diabetes. <i>International Journal of Food Sciences and Nutrition</i> , 1993, 43, 205-212. | 2.8 | 29 |
| 83 | High α -linolenic acid flaxseed (<i>Linum usitatissimum</i>): some nutritional properties in humans. <i>British Journal of Nutrition</i> , 1993, 69, 443-453. | 2.3 | 377 |
| 84 | Interaction between Methane-Producing Status and Diet on Serum Acetate Concentration in Humans. <i>Journal of Nutrition</i> , 1993, 123, 681-688. | 2.9 | 13 |
| 85 | Glycemic Index of Foods in Individual Subjects. <i>Diabetes Care</i> , 1990, 13, 126-132. | 8.6 | 63 |
| 86 | The Acute Effect of Fat on Insulin Secretion. <i>Journal of Clinical Endocrinology and Metabolism</i> , 1988, 66, 323-326. | 3.6 | 54 |
| 87 | Starchy foods and fiber: reduced rate of digestion and improved carbohydrate metabolism. <i>Scandinavian Journal of Gastroenterology</i> , 1987, 22, 132-141. | 1.5 | 84 |
| 88 | Comparison of regular and parboiled rices: explanation of discrepancies between reported glycemic responses to rice. <i>Nutrition Research</i> , 1986, 6, 349-357. | 2.9 | 77 |
| 89 | Reply to letter by Abaira and Lawrence. <i>American Journal of Clinical Nutrition</i> , 1983, 37, 153-154. | 4.7 | 10 |
| 90 | The In Vitro And In Vivo Anti-Amylase Activity Of Starch Blockers. <i>Journal of Plant Foods</i> , 1983, 5, 23-30. | 0.0 | 5 |